Your notes

GCSE Food Preparation and Nutrition: revision notes

Carbohydrates

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Types of carbohydrate

- Sugars: **monosaccharides** (single sugars: glucose, fructose and galactose) and **disaccharides** (double sugars: sucrose, lactose and maltose).
- **Starch** is a **polysaccharide** (many sugars joined): found in bread, pasta, rice and potatoes.
- **Dietary fibre** is a **polysaccharide** the body can't digest: found in wholegrains, fruit, vegetables and pulses.

Functions and needs

- Carbohydrates are the main source of energy. 1 g provides about 4 kcal (3.75 kcal).
- About 50% of our energy should come from carbohydrates, mostly starchy foods, and **free sugars** should be no more than 5% of energy.
- Fibre keeps the digestive system healthy, prevents constipation and helps you feel full. Adults need about 30 g a day.
- Starchy foods release energy slowly; sugary foods give a quick burst.

Too little or too much

- Excess: weight gain and obesity, tooth decay (from sugar) and a higher risk of type 2 diabetes.
- Too little: tiredness and low energy; protein may be used for energy instead of growth.
- Too little fibre: constipation and a higher risk of bowel disease.

Key terms

Monosaccharide	A single sugar unit, such as glucose.
Disaccharide	A double sugar, such as sucrose.

Polysaccharide	Many sugar units joined, such as starch.
Dietary fibre	Carbohydrate the body can't digest, which helps digestion.
Free sugars	Sugars added to food, plus sugars in honey, syrups and juices.
Starch	A complex carbohydrate found in bread, pasta, rice and potatoes.

Your notes

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is the main function of carbohydrates?
2. Which is a monosaccharide?
3. Which is a disaccharide?
4. What type of carbohydrate is starch?
5. How much fibre should adults eat a day?
6. What does fibre help prevent?
7. What is a health risk of eating too much sugar?
8. What percentage of our energy should come from carbohydrates?

Answers

1. To provide energy
2. Glucose
3. Sucrose
4. A polysaccharide
5. About 30 g
6. Constipation
7. Tooth decay
8. About 50%

What to do next

Practise 11 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.